Keluarga Pencak Silat Nusantara

by

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Index

Forward by the editor

BASICS 3
Sikap pasang satu sampai dua belas
standing positions I – XII 4
Pola sikap pasang
Sequences of standing positions **7**
Langkah dasar
Basic steps 8
Gerakan elakan
Avoidance techniques 10
Gerakan serangan tangan
Attack techniques with the hand 12
Gerakan serangan sikuan
Attack techniques with the elbow 16
Tendangan dasar
Basic kick techniques 18
Elakan – tipuan – serangan
Avoidance – deception – attack 27
Bela diri
Self – defense 31

COMPETITION SEQUELS
Jurus pertandingan satu sampai dua puluh empat
Sequels of competition maneuvers I – XXIV **37**

SICKLE MOVE
Pola sikap pasang satu sampai dua belas clurit tunggal
Sequence of single sickle standing positions I – XII **77**
Gerakan dasar clurit tunggal
Single sickle basic techniques 82
Hormat perguruan clurit
Sickle opening ceremony 88
Jurus satu sampai dua belas clurit tunggal
Single sickle sequels I – XII 93
Pola sikap pasang satu sampai dua belas clurit kembar
Sequence of double sickles standing positions I - XII 105
Jurus satu sempai dua belas clurit kembar
Double sickles sequels I - XII 105

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Forward by the editor

This manual provides a brief visual overview of some basic techniques of the Keluarga Pencak Silat (KPS) Nusantara, as thought by Master O´ong Maryono. KPS Nusantara was established on July 28, 1968 by Mohamad Hadimulyo Djoko Waspodo and Rachmadi Djoko Suwignjo in Jakarta, and is one of the historical top ten Pencak silat organizations in Indonesia, recognized for its contribution to the development of pencak silat sport.

The photos and related captions were recorded during a training Master O´ong Maryono conducted specially for Peter Raumauf and myself in Thailand, thanks to the kind intercession of our Grand Master F. Hariwijadi of Stile Perpi Mataram to whom we remain extremely grateful.

Master O´ong Maryono deserves a special thanks, not only for his patience and wonderful organized training, but also for the proofreading of this book. Not to forget, our friend Muhammed Muftahuddean Al-Fatah bin Abdullah, trainer of KPS Nusantara Thailand, who assisted Master O´ong Maryono, supported us in our learning, and took care of us outside the training hours.

As a first attempt to record Master O´ong Maryono´s training we need to recognize that this manual is far from complete in the exposition and description of techniques, and that the quality of the pictures is somewhat amateurish. We also need to stress, that no manual can replace training under qualified supervision. The author and everyone that worked on this book will take no responsibility or adhesion for any injuries that techniques. In spite of these many limitations, we hope that this publication will inspire the readers to learn more about pencak silat and delve into the complexity of this beautiful martial art!

From the left to the right: A.Schredl, O´ong Maryono, Al-Fatah, P.Raumauf

Hormat

Andreas Schredl, January 2005

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Sikap pasang satu sampai dua belas

Sikap pasang satu (Standing position I)

The left leg remains standing, the right leg moves backwards at 45 degrees. The right leg stretched out and both soles on the floor. The right hand moves with a circular movement from outside inwards, high in front of the body, the left hand creates a fist behind the left ear-the underarm balanced.

Sikap pasang dua (Standing position II)

The body turned sideways, the right knee high, toes lined up. Left arm almost completely stetched out, right arm tucked in and underarm horizontal.

Sikap pasang tiga (Standing position III)

The right leg moves sideways from the back in a circle to the front, with only the toes touching the floor. The arms are stretched and the palms face upwards.

Sikap pasang empat (Standing position IV)

Right leg moves at 45 degrees forwards, toes facing forwards, with the weight balanced on both legs. The knees are tucked in, horizontal to the thigh, with the upper body slightly bent forward. Both arms stretched out sideward but with the facing forwards. The upper body, in this position, can always turn towards the attacker.

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Sikap pasang lima (Standing position V)

Legs slightly open. The right hand, with the back of the hand facing outwards, is stretched upwards. The left hand protects the kidneys. The flat body makes for a narrow target inviting the opponent to attack.

Sikap pasang enam (Standing position VI)

The left leg steps forward crosswise (silang) with the toes pointed outwards, and is set down. The right arm is placed, with a circular movement from outwards, in front of the upper body, with the palm facing upwards and the elbow slightly bent. The left hand and palm face forwards at about half the right arms length

Sikap pasang tujuh (Standing position VII)

Left leg set sidewards, foot with the whole sole on the ground, leg stretched out. The right leg faces forwards and the thigh is slightly horizontal. The two hand stand firms: a horizontal block is made with a right up-side punch from outside inwards, while the left hand, with the palm facing outwards, protects the breast area. Upper body is upright.

Sikap pasang delapan (Standing position VIII)

The left leg set down sidewards, stretched. The right upper body is slightly bent forward with the right thigh in an horizontal position. The hands from a cross-block in front of the upper body.

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Sikap pasang sembilan (Standing position IX)

Stepping forward with the right leg, the right elbow is pushed upwards. The left leg remains stretched out with the heel on the ground, while the left hand protects the stomach and kidney area. The right hand's index finger and thumb are on the shoulder with the fingers facing the head.

Sikap pasang sepuluh (Standing position X)

The right leg moves behind the left leg and the practitioner sits on the floor. The right knee lies on the floor with the left knee crossed on top, and both arms stretched out. With the upper body upright, the left hand points upwards, slanted with the palm facing upwards and slightly open fingers. The right hand points forwards with the palm facing upwards, also with slightly open fingers. The arm is held slightly downwards.

Sikap pasang sebelas (Standing position XI)

The right leg, stretched out, moves in a circular movement ("floor sweeper") sideways, while left leg is bent and left hand protects the head. The right hand is used as support from behind.

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Sikap pasang dua belas (Standing position XII)

Making a step forward with the left leg, the left arm is slightly bent forward. The left hand is open with the fingers pointing upwards, while the right hand forms a fist close to the chest signaling that the practitioner is ready to fight.

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Pola sikap pasang
(Sequence of standing positions)

Beginning from sikap:

1. *Sikap pasang satu (I*) - Front kick with the right leg, by drawing back the leg the knee is pulled up and thus into
2. *Sikap pasang dua (II)* - Standing leg changed by shifting and cross-side kick with the left leg, the leg immediately in the beginning position and a new standing leg change by shifting- front "deep" kick with the right leg. The right leg after the kick should not be set down. In a clockwise motion around the standing leg into
3. *Sikap pasang tiga (III)* - side kick and back to *sikap pasang tiga (III)*, upper body turned outwards, the forward(right) leg returns to the standing leg and set forward skew into
4. *Sikap pasang empat (IV)* - right leg set forward on to the floor, sweeper with the left leg. The left hand goes over the head in a block, right hand behind the upper body set on the floor as support. The left leg with a swing returns and stand up in *sikap pasang empat (IV)*. The right leg returns to the standing leg and the upper body turns left into
5. *Sikap pasang lima (V)* - Block with the elbow from upwards going downwards and with that the upper body sinks to give the block more force- back to *sikap pasang lima (V)*. Left leg in front of the right leg moves cross-wise forwards into
6. *Sikap pasang enam (VI)* - Hands "grab the kick of the attacker" and pull backwards. Body turned left into
7. *Sikap pasang tujuh (VII)* - Block with the right arm then the upper body shifted to the right side into
8. *Sikap pasang delapan (VIII)* - Cross block in front of the breast then the left leg pulled back towards the left standing leg and a step forwards into
9. *Sikap pasang sembilan (IX)* - Elbow poke then place the right leg behind the left leg and downwards into
10. *Sikap pasang sepuluh (X)* - then place your right hand forward and a sweeper with the right leg into
11. *Sikap pasang sebelas (XI)* - right leg back into the starting position and stand up into
12. *Sikap pasang dua belas (XII)* left leg forwards – left leg backwards.

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Pola langkah (Basic Stepps)

Langkah zig-zag (Zig-zag Stepp)

The practitioner steps criss-cross below 45° skew forward. The toes face forward, the back leg is stretched and both feet are placed flat on the floor. In stepping forward, the upper body should always remains at the same height, as are only the legs that move. The back leg is pulled forward to become the forward leg (the knee bent) and is placed skew in front. The same applies when it is done backwards.

Langkah elang melayang
(Flying eagle step)

The leg technique is the same as in *langkah zig-zag*. The difference is in the arm movement- the arms move diagonally to the legs (right leg forward=left hand forward). During the step, the arm in front makes a circular movement from outwards inwards (=block/catch). In moving backwards, the same procedure is used.

Langkah maju perlahan (Slow step forward)

Sikap pasang dua belas - the leg in front moves backwards (with parallel feet- example: move the mop away), then the leg behind rises forwards (toes facing outwards) and the step is completed so that we are in *sikap pasang dua belas* again, as in the beginning of this technique.

Possible variations to this step:

- After the step/jump, jump high forwards and make an 180° turn.
- By the step forwards, sweep at the same time
- Land in *harimau* (tiger) stance jumping forwards
- Perform a side-kick when stepping forwards
- *Harimau belakang* (backward tiger stance), knee set down-curled in-low circle

Langkah curi (Thief step)

The back leg jumps forwards from *sikap pasang dua belas*, where the knee is raised and makes a "large step" forwards. When the back leg finds itself at the same height as the leg in front, the front leg jumps out and moves forwards- returning to *sikap pasang dua belas*.

Elakan (Avoidance techniques)

Harimau – (Tiger stance)

This is a broader posture where the feet stand parallel to each other and the toes face forwards. The arms are crossed in front of the body at the hip level and move with a circular movement outwards with the hands open. When the arms reach the side of the head, the hands form claws.

Harimau (Lateral tiger

samping
stance)

The weight is on and the left leg is sideward and the

the right leg, the thigh is horizontal stretched out. The arms point hands form "claws".

To change from *harimau samping*,

right-*harimau samping* to left-use *langkah curi.*

Harimau belakang (Backward tiger stance)

The movement is similar to *harimau samping*, only the shoulders and head are turned to the attacker. The arms and legs remain in the same position as in *harimau samping*!

To change sides, from right-*harimau belakang* to left-*harimau belakang*, change the back leg to become front leg, move the body frontal (knees remain bent) and afterwards moves backwards away to the other side into *harimau belakang*.

Bangau (Crow stance)

The evasive position can be used to jump sideways (right/left) or backwards. The knee in front is pulled upwards in a circular movement and turned sideways (to block an eventual attack); the arms are stretched diagonally away from the body where the palms face downwards.

Liuk (Dragon stance)

The dragon can be done from both sides; the evasion happens with a hip movement where the arm (lower arm) lies horizontal in front of the abdomen/breast region and the other (higher) arm moves forward, ready to grab the opponent.
From this position, the hand/fist of the attacker can be grabbed and pulled behind, while at the same time the other hand can make a counter attack with the back of the fist.

Elakan Egos (the X-step)

From sikap *pasang dua belas* or similar positions, an attack can be evaded with an X-step. The back leg is brought to the height of the standing leg with a circular movement and the previosly standing leg moves back in a circular movement.

Elakan lompat sejajar (Parallel jump)

The parallel jump consist of jumping with both legs maintaining the same position. This avoidance techniques can be performed sideways or backwards.

Gerakan serangan tangan
(Attack techniques with the hand)

Pukulan depan
(Strike forward)

A straight strike with the fist - the fist moves away from the hips (finger points up) and is brought forwards to hit the opponent, turning at 180°. This rotation movement on the opponent's abdomen causes additional pain.
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Tusukan jari
(Finger poke)

Make a poke with the finger at the neck of the opponent. Fingers stretched, thumbs bent; the fist opens while moving forward, and after the strike, returns to position and close.

Pukulan sanggah
(Palm strike)

The hands palm moves skew from the hip upward to hit the opponents chin.

Pukulan harimau (Tiger strike)

Strike forward with "tiger claws" (or "open fist") - the fingers are drawn back; thumb bent, but not made into a fist.

Pukulan punggung (Back fist strike)

The strike is made with the back of the fist and is immediately returned (whip strike).

Pukulan putar punggung tangan (Turning back-fist strike)

The whip-like strike with the back of the fist is made while turning forward at 180°.

Pukulan papas (Double fist strike)

Simultaneous strike is made with both fists;

Gebang ke dalam (Inward strike)

Inward strike with the arm moving inward and hitting with side of the hand. To begin, the palm of the stretched arm faces outwards and the fingers point upwards. The strike is made with a step forward turning the palm on the side and hitting the throat the opponent.

Gebang ke luar (Outward strike)

Strike with the arm moving from inside out and hitting the opponent with the side of the hand.

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Gebang atas (Upper strike)

The arm moves skews from above and hit the collarbone of the opponent with the side of the hand.

Gebang dalam ke luar (Strike with turned hand)

The arm moves from inside out with the hand turned upside down, hitting the opponent with the side of the index fnger.

Gerakan serangan sikuan
(Attack techniques with the elbow)

Sikuan sangga ( )

The chin of the opponent is hit with an upward elbow attack.

Sikuan tusuk (Stab elbow strike)

Elbow moves from above to the nape of the opponent's neck.

Sikuan samping (Elbow side attack)

Elbow hit the opponent from the side.

Sikuan putar (Turning elbow strike)

Making a step backward and quickly turning the body, an elbow strike is made to the face of the opponent.

Sikuan menyelam (Diving elbow strike)

After ducking away to avoid the opponent's attack and quickly turning toward the opponent, an elbow strike is launches from above to the opponent's collarbone.

Dasar Tendangan
(Basic kick techniques)

Tendangan serong (Skewed kick)

Sideway kick made with the heel from the frontal position.

Tendangan sabit (Sickle kick)

Outward sideways kick with the back of the foot.

Tendangan belakang (Back kick)

A kick performed backwards.

Tendangan teratai (Lotus kick)

Inward kick with the instep.

Tendangan dip (Deep kick)

Kick forward or upward with a turned foot.

Tendangan putar sirkel atas (Turning upper circle kick)

Circle kick made backwards, while turning the body with the leg curled until the strike and again thereafter.

Tendangan lurus lompat (Straight jump kick)

Straight strike forwards with a step in between- *Sikap pasang dua belas*, knee high, leg placed down again and a quick step forwards, knee brought upwards again before kicking with the sole of the foot.

Tendangan gejos ( )

Straight kick with the heel on the chin of the opponent.

Tendangan gejlik bawah ( )

Kick made downwards with the side of the foot to block a kick of the opponent.

Tendangan dip bawah (Low deep kick)

Downward deep kick made with the sole of the foot and toes facing outwards to block a leg attack by the opponent.

Tendangan serong samping (Side skewed kick)

Sideways kick made with the heel from the side-attack position.

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Tendangan sapu bawah (Low sweep kick)

Kick with the top of the foot to the opponent's leg (sweep while standing)

Kosetan kaki depan ( )

Kick with the foot sole against the opponent's ankle.

Kosetan kaki belakang ( )

Circle kick made while standing against the back of the leg of the opponent.

Tendangan sirkel depan bawah (Forward ground circle kick)

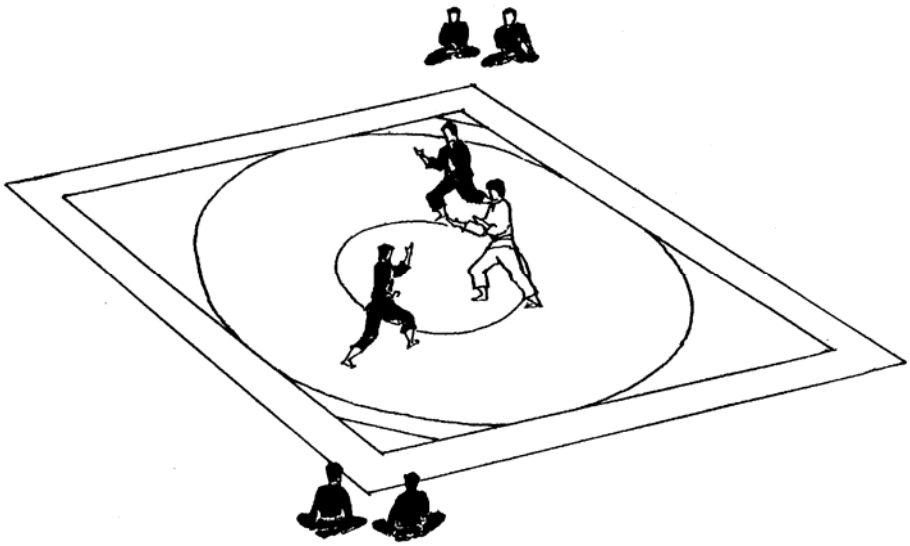
Forward circle kick from the floor before returning to fighting position;

Tendangan sapu bawah belakang
(Backward ground sweep kick)

Sweep on the floor- hips turned inwards, the knee set on the floor, turned sideward away and with a stretched out leg push- with the swing of the leg turning, stand up to the fighting position.

Tendangan gunting (Scissor kick)

The scissor can be applied to the leg (*guntigan kaki*) or the hip (*guntigan pinggang*) of the opponent. It can be rushed up to the opponent with crossed legs and upon reaching his body the legs are stretched out to make him fall down.



Elakan – Tipuan - Serangan

Tipuan harimau (Deceiving tiger)

Basic position *harimau*; Legs and hips remain unmoving in their position, while the shoulders move twice or thrice left/right and wait to see how the opponent reacts to this movement.

Tipuan harimau – samping attack (Side attack)

From "deceiving tiger" dodge to the side with "theft jump" and give a side kick to the opponent's back. The kick must happen before the second leg returns to the ground.

Tipuan harimau – depan attack (Front attack)

From "deceiving tiger" dodge to the front with "theft jump" and kick after the landing.

Harimau – sirkel belakang bawah
(Tiger stance – backward ground circle strike)

Dodge or block going inwards with the left hand, the leg in front turns in and the knee is placed on the ground- ground circle made with the back leg.

Harimau – sapuan depan bawah
(Tiger stance – front ground sweep strike)

Dodge or block, step forward and attack with a sweep kick from the ground**.**

Harimau belakang – tendangan gunting
(Backward tiger stance)

From the backward tiger stance the upper body moves forward with a diagonal movement going upwards. Hands are placed on the floor and opponent is attacked with a scissor kick. Thereafter the front arm is brought up to block and protect the head.

Elang melayang – tendangan samping/T silang - harimau belakang
(Flying eagle – side/T kick – backward tiger stance)

After moving from right to left *harimau belakang*, attack with a side/T kick before returning to *harimau belakang* or other techniques.

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Bangau – Langkah atas (Crow stance – high step)

Starting in position crow, then the drawn up leg is set down and turns in. Make a circle while standing with the back leg and return to the start position of the crow. Change the standing leg by jumping and kicking jump anew- starting position is once again reached.

Bela diri (Self-defence)

Latihan satu (Exercise I)

Stepping forward, the opponents hand strike is blocked with the arm (palm facing own face). A follow-up step then block the foot of the opponent while his hand is seized and, with one body movement, pushed upwards and backwards (be careful, danger of breaking the wrist!).

Latihan dua (Exercise II)

The attack is blocked as in the previous and the opponents wrist is seized. Stepping forward, the opponent's elbow is hit with the left hand so that the arm buckles and our back leg hooks itself behind the front leg of the opponent. A circular movement around the arm of the opponent, with a shift in the balance against his shin bone, will make him fall.

Latihan tiga (Exercise III)

Continuing the previous exercise: as soon as the opponent is on the floor, his leg is grabbed (under the ankle) and lifted up so that his hips no longer touch the ground. With stepping over him and sitting on his back, the opponent is put in an abdominal position that pins him to the floor in pain.

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Latihan empat (Exercise IV)

The attack is blocked with one hand from the outside, while the other hand is used to hit the opponents arm downwards. Stepping forward to pin down the opponent's foot, an elbow strike is launched against his head. Through the swing of this movement, the upper-body turns inwards with the free leg stepping towards the opponent, before making an outwards turning of the upper-body and launching a second elbow strike (this time from above) against the opponent's neck/collarbone.

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Latihan lima (Exercise V)

The attack is blocked with one hand from the outside and the opponent's wrist is grabbed and lifted behind his back. The other hand grabs the shoulder of the opponent and push him to the floor. Shifting the weight backwards and rolling over the opponent's back, his arm is kept lift between the legs so as to pin down in pain. Additionally, a heel kick can be given to the chest or belly.

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Latihan enam (Exercise VI)

The attack is blocked with one hand from the outside and the opponent is hit down with the other hand. With a step forwards behind the leg of the opponent, the “block hand“ moves over the arm to the chin of the opponent, while the other hand holds of the back of the opponent’s head. The upper body turns and initiates a twist, with the back leg stepping backwards in a semi-circular movement, thus turning the opponent backwards (be careful, danger of breaking the neck!!) For a greater swing: the knee goes to the ground during the turn.

Jurus pertandingan satu sampai dua puluh empat
(Competition sequels I - XXIV 1 – 24)

Jurus pertandingan satu (Competition sequel I)

Moving from *sikap siap* (stand-by position) to *sikap pasang XII* the practitioner signals that he is ready to fight, before entering into action, moving the right leg close to the standing leg and stepping backward at an angle into s*ikap pasang I*. The right leg moves again close to

the standing leg and steps aside into s*ikap pasang IV* with a close front *(sikap depan tutup)*, before opening the arms to invite the opponent to attack so as to employ deadlock techniques to paralize his movements. The practitioner can then use some trickery by taking distance from the target with a right leg sweep and immediately jump forward with a T-side kick.

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After the right leg is landed, the practitioner move forward with fast leg step in a double fist attack. To close this strike the practitioner steps back zig-zag twice with flying eagle movements before returning to *sikap pasang dua belas* with a "thief step" and to stand-by position.

Jurus pertandingan dua (Competition sequel II)

From *sikap siap* and *sikap pasang XII* the practitioner enters into action opening the left palm, with the right leg moving toward the standing leg and stepping backward at an angle into *sikap pasang I.* Gradually the practitioner steps forward with the right leg and down with the elbow to protect from an eventual attack. Slowly the arms open as if to invite an attack. With

some trickery, the practitioner takes distance from the opponent while targeting him with a sweep of the leg. If the attack fails, the practitioner makes a half jump with the right leg and gives a front kick with the right leg. When the leg is set down, the left leg steps forward fast with a double fist strike. Then steps back zig-zag with flying eagle movements in position.

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Jurus pertandingan tiga (Competition sequel III)

From s*ikap siap - sikap pasang XII*, the practitioner slowly opens the right and left palm, the right leg pulled up in the so-called "white heron" stance or *sikap pasang* II as to invite the opponent to attack before returning to standing position XII by pulling down the right foot and moving closer the left foot forming a triangle shaped step (*langka segi tiga*).

The practitioner then advances with a right front kick followed by a side kick with the same leg. While pretending to punch with the left arm, the left leg moves in a zig-zag forward and a punch is given with the right arm, before moving back twice with

flying eagle steps and returning with a thief step (*langka curi*) to standing position XII and back to *sikap siap*.

Jurus pertandingan empat (Competition sequel IV)

The initial moves are the same as in the previous sequel (*sikap siap - sikap pasang XII - sikap pasang II)*, until the right foot is pulled down and moved closer to the left foot forming a triangle shaped step (*langka segi tiga*) into *sikap pasang* IV.

The practitioner then advances with the left front kick followed by a rapid landing, a right front punch,

and a side kick with the right leg. After the right leg returns to position, the practitioner moves in zig-zag forward and a strikes with a left punch.

The closure is the same as in previous sequels: backward flying eagle steps twice - thief step - *sikap pasang XII* - *sikap siap*.

Jurus pertandingan lima (Competition sequel V)

After opening with *sikap siap- sikap pasang XII*- thief step- *sikap pasang XII*, the practitioner

completes the body's turn and moves into *sikap pasang slewah* (left hand supported on the hip), before advancing with a sweep and --after landing the right foot-- a right side kick. When the right leg is set down, a front kick is launched with the left leg and, on landing, a punch strike is initiated with the left arm.

The closure is the same as in previous sequels: backward flying eagle steps twice - thief step- *sikap pasang XII - sikap siap*.

Jurus pertandingan enam Competition sequel VI)

Sikap siap – sikap pasang XII – thief step – *sikap pasang XII – sikap pasang I*

The practitioner advances with a left sweep (runt palm kick) followed by a rapid landing of the left foot, punching with the left arm and again punching with the right arm. As soon as the right palm moves with speed forward, a front kick is given with the right leg.

In closure, as in previous sequel, the practitioner steps back twice with flying eagle moves, returning to *sikap pasang* XII and *sikap siap*.

Jurus pertandingan tujuh (Competition sequel VII)

After opening with sikap *siap* - *sikap pasang* XII, the practitioner changes to *sikap pasang* IV

as to appear vulnerable, while being ready to undertake deadlock techniques if the opponent attacks. If the opponent remains passive, the practitioner from dragon stance uses the dragon block (*tangkisan liuk*) and quickly moves backwards with flying eagle steps to attack with a right side kick, followed by a punch with the back of the hand to the chest of the opponent - hips turned in- left round kick with landing in front and a left hook (*pukulan sudut*). The closure remains the same as in previous sequels.

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Jurus pertandingan delapan (Competition sequel VIII)

The first set of moves is the same as in the previous sequel: *sikap siap* – *sikap pasang* XII - *sikap pasang* IV – dragon stance and block – flying eagle step – *sikap pasang* XII.

From *sikap pasang* XII the practitioner suddenly attacks with a right side T-kick followed, on landing of the leg, by a left upper cut hand strike (*ayun tangan*). The right leg then moves in next to the left leg, with the practitioner launching a left sckewed kick (*tentangan serong*) and a right sickle kick (*tendangan sabit*) before returning to position with twice flying eagle steps

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before closing with *langka curi – sikap pasang* XII *– sikap siap.*

Jurus pertandingan sembilan (Competition sequel IX)

After opening with *sikap siap – sikap pasang XII* – the practitioner brings the right leg forward close to the left leg, turns the body frontal and bring both arms over the head, clapping loudly with both hands (*sikap bandul buka*). He then makes an angle-shaped step (*langka segi tiga*) with the right leg forward, making circles with the arms to the neck or ribs of the opponent, before turning the body to the right in the dragon stance as if to invite the opponent to attack.

The practioner steps forward closer to the opponent with the right hand stretched upwards and the left hand protecting the rib (*sikap pasang* V). The upper body is turned frontal and the side of the right hand moves inwards to attack the opponent's neck with a palm strike.

The practitioner advances with a right runt kick, followed by a rapid landing at a triangle, and a left sweep kick to the opponent's leg.

The left leg is then set down behind at an angle before closing as usual with: twice backward flying eagle steps – thief step – *sikap pasang* XII – *sikap siap.*

Jurus pertandingan sepuluh (Competition sequel X)

After opening with *sikap siap – sikap pasang* XII – the practitioner brings the right leg forward close to the left leg, turns the body frontal and bring both arms over the head, clapping loudly with both hands (*sikap bandul buka*). He then makes an angle-shaped step (*langka segi tiga*) with the right leg forward, making circles with the arms to the neck or ribs of the opponent, before turning the body to the right in the dragon stance as if to invite the opponent to attack.

The practioner moves the legs outwards standing on the ball of the feet, making a block before stretching the right hand upwards with the left hand protecting the rib (*sikap pasang* V). The upper body is turned frontal and the side of the right hand moves inwards to strike the opponent's neck with the side of the hand.

The practitioner advances with a left long hook punch (*ayun*) to the temple of the opponent, followed by a right sweep kick from behind going forward to the opponent's leg, before returning to position: twice backward flying eagle steps – thief step – *sikap pasang* XII – *sikap siap*.

Jurus pertandingan sebelas (Competition sequel XI)

Sikap- sikap pasang dua belas- right leg moves with a circular movement from behind going forwards and in front of the left leg and then returns to *sikap pasang tiga*. Upper body turns outwards. At the same time move the side of the hand around the head and punch outwards with the side of the hand at the opponent's neck.

Body is turned to the right and bring the knee upwards- sikap pasang dua- place the right foot behind the left leg- sikap pasang tiga. Upper-body turns outwards and with the turning punch with the back of the fist (fist lies vertically) forwards.

After setting the right leg down, the practitioner makes a quick turn of the body to strike with a left back kick. Returning the body to position, he continues to punch with the right arm, to wear off possible attacks from the opponent. The closure is the same as in previous sequels:

twice flying eagle steps backward– thief step – *sikap pasang* XII – *sikap siap*.

Jurus pertandingan dua belas (Competition sequel XII)

After opening with *sikap siap - sikap pasang XII*- the practitioner enters into action quikly circulating the right foot from beyond forward and quickly back to *sikap pasang* VI to avoid an eventual attack from the opponent. Turning the upper body, an attack is opened with the right palm sideways to the opponent's neck, while the left protects the chest.

After pulling the right leg up into *sikap pasang* II, the right foot moves slowly foward with a thief step (*langka curi*) into *sikap pasang* III. With speed and power, the practitioner turns the body into *sikap pasang* XII and strikes with the left back fist to the opponent's temples, followed by a right side kick. -

When the right leg is set down in front, the practitioner strikes with a right whip punch and, after turning the upper body, with a left side-kick. The closure is the same as in previous sequels:

twice flying eagle steps backward– thief step – *sikap pasang* XII – *sikap siap*.

Jurus pertandingan tiga belas (Competition sequels XIII)

Starting as usual with *sikap siap* - *sikap pasang I*- the practitioner strikes with a right side kick, and on lands the right leg diagonal (*silang*) in front of the left leg before making a "rowing" block with both hands.

Dodging with a parallel jump, the practitioner makes a double block downwards, then turns the upper body and strikes with a left side kick. When the left leg returns to the start position, the practitioners moves sideways shifting the arms to the right to block an eventual attack by the opponent.

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Stepping aside with the left leg a strike is made with the side of the right hand to the opponent's neck, before turning on the feet and making a strike with the side of the left hand to the other side of the opponent's neck. In closure the practitioner moves into *sikap pasang* XII and *sikap siap*.

Jurus pertandingan empat belas (Competition sequel XIV)

Opening from *sikap siap* to *sikap pasang* I, the practitioner goes downwards while striking with a right elbow poke from top-down.

Standing up, the practioner strikes with a diagonal right kick and, without setting the foot down, with a right side kick, before returning to position. The left leg then moves in front of

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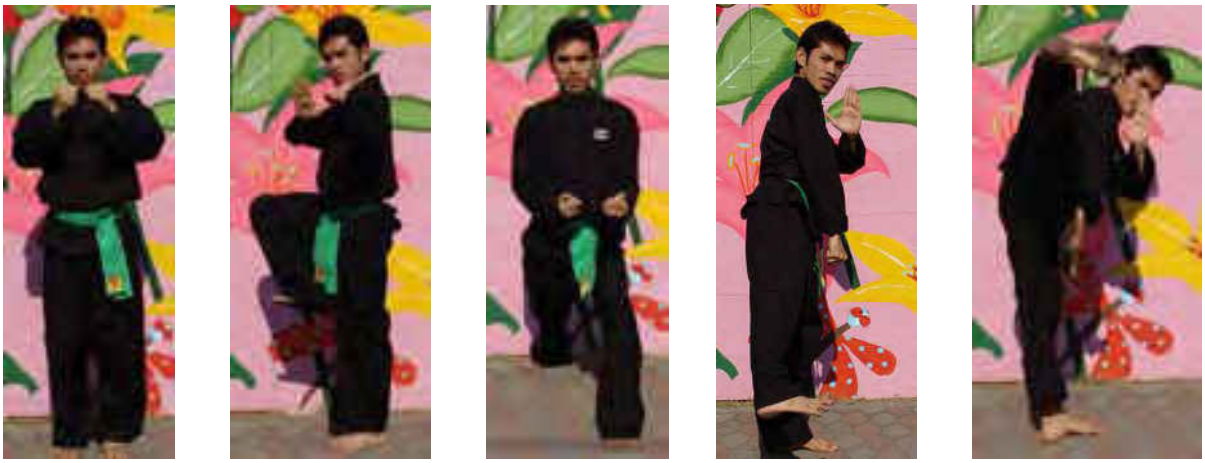
the right leg (*silang*) with the hands performing a "rowing" block, followed by a left side kick as soon as the body weight lies on the right leg again.

The left leg is set down to the side, while the right leg moves in front of the left leg to the left, with both arms stretched out to the right side to block an eventual attack by the opponent. The practitioner then takes a sideways step with the left leg and makes a strike with the side of the right hand to the opponent's neck, before turning on the feet and making a strike with the side of the left hand to the other side of the opponent's neck.

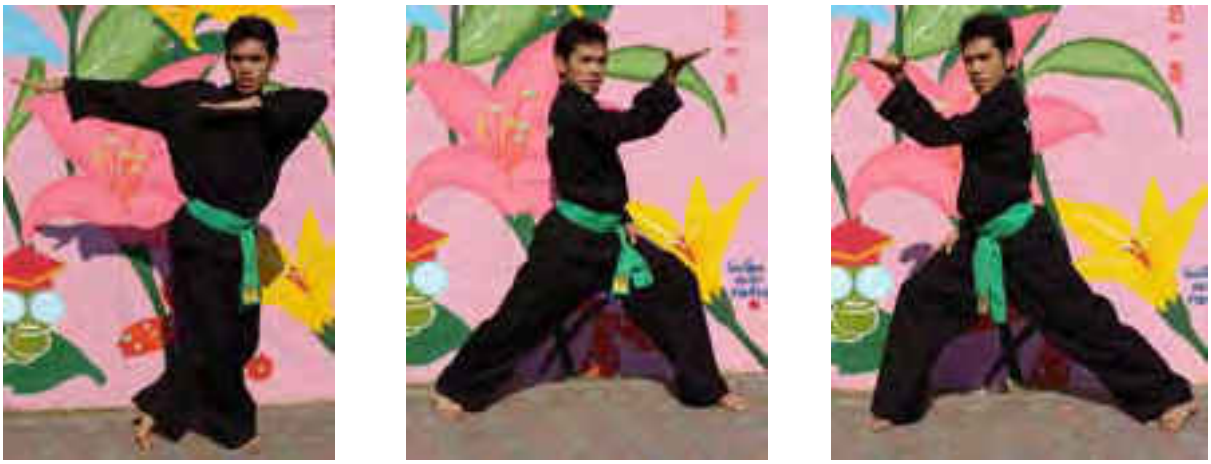
The left leg joins the right leg into *sikap pasang* XII, before returning to *sikap siap*.

Jurus pertandingan lima belas (Comtetition sequel XV)



From *sikap siap* the practitioner moves to *sikap pasang* II before setting the right leg down andstriking with a double back fist block, followed by a low right kick against the opponent's knee and, without setting the foot down, a high right kick against the opponent's chest.

The practitioner steps to the right side, blocking to the side, before nearing the left leg to the right leg while still keeping the knees somewhat bent and placing both fists on the side of the hips. Jumping with the right leg forwards, the practitioner strikes with a double fist punch and a left side kick.



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The left leg is set down to the side, while the right leg moves in front of the left leg to the left, with both arms stretched out to the right side to block an eventual attack by the opponent. The practitioner then takes a sideways step with the left leg and makes a strike with the side of the right hand to the opponent's neck, before turning on the feet and making a strike with the side of the left hand to the other side of the opponent's neck.

The left leg joins the right leg into *sikap pasang XII*, before returning to *sikap siap*.

Jurus pertandingan enam belas (Competition sequel XVI)

From *sikap siap* the practitioner moves to *sikap pasang II*. He then poses the right leg down to the side and make a circular block inwards with the right hand, before striking/blocking with a low right side kick to the opponent's leg.

The right leg is set down stretched, with the left leg making a sideways step and the right arm blocking in parallel to the right leg. The practitioner nears the right leg to the left leg and turns his body 360° to the left, shifting the body weight to the right leg before striking with a left T-side kick, and after setting the left leg down, with a right fist.

The left leg is set down to the side, while the right leg moves in front of the left leg to the left, with both arms stretched out to the right side to block an eventual attack by the opponent. The practitioner then takes a sideways step with the left leg and makes a strike with the side of the right hand to the opponent's neck, before turning on the feet and making a strike with the side of the left hand to the other side of the opponent's neck.

Taking a step forward with the left leg into *sikap pasang* XII, the practitioner then returns backwards with the same leg to *sikap siap*.

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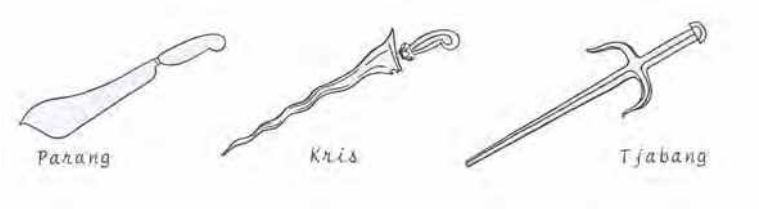
Jurus pertandingan tujuh belas (Competition sequel XVII)

The practitioner moves from *sikap siap* to *sikap pasang* XII, *sikap pasang* III and to *sikap pasang IV*, blocking inwards with the right hand until the middle of the body, before striking with a left side kick..

Setting the left foot down in front, the practitioner makes a dodge step to the side and performs a double block with the arms going downwards until the height of the hips. He then nears the right leg to the left leg, turns the left leg inwards, and strikes with a right circle kick, before setting the right leg down into *sikap pasang* XII, taking a step forwards and striking with a left fist punch.



The left leg is set down to the side, while the right leg moves in front of the left leg to the left, with both arms stretched out to the right side to block an eventual attack by the opponent. The practitioner then takes a sideways step with the left leg and makes a strike with the side of the right hand to the opponent's neck, before turning on the feet and making a strike with the side of the left hand to the other side of the opponent's neck.

Taking a step forward with the left leg into *sikap pasang* XII, the practitioner then goes back with the same leg to *sikap siap.*

Jurus pertandingan delapan belas (Competition sequels XVIII)

After moving from *sikap siap* to *sikap pasang III*, the practitioner dodges with an X-step or *elakan egos* (in which the right leg steps at an angle backwards and the left leg steps forward at an angle) and blocks inwards with the right hand, while the left hand protects the chest (s*ikap pasang* XII). The practitioner then strikes with a side kick, and after returning to position, makes a parallel dodge step to the side while blocking downwards.

Bringing up the left knee, the practitioner turns the upper body in, before putting down the left leg, and striking with a right circle kick. The foot is stretched out only when it nears the opponent and is laid down immediately after the hit into *sikap pasang* XII. The right leg moves in front of the left leg to the left, with both arms stretched out to the right side to block an eventual attack by the opponent.

The practitioner then takes a sideways step with the left leg and strikes with the side of the right hand to the opponent's neck, before turning on the feet and striking with the side of the left hand to the other side of the opponent's neck. Taking a step forward with the left leg into *sikap pasang* XII, the practitioner then goes back with the same leg to *sikap siap*.

Jurus pertandingan sembilan belas (Competition sequel XIX)

From *sikap siap* the practitioner moves to *sikap pasang* IV with the right leg standing in front, before moving back the right leg in an angle shaped step again into *sikap pasang* IV, but this time with the left leg standing in front. At the same time a double back fist block is launched from the top down, and the left leg is returned to position with the feet at a corner.

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Rapidly the practitioner strikes with a left front kick, returns to position, dodges from an eventual attack with an X-step (*elakan egos*) to the left and a double downward block, turns the body to the left and strikes with a left back kick.

When the left leg is set down, the right leg steps backwards, before the left leg and arm make a parallel block to the side. The right leg then moves in front of the left leg to the left, with both arms stretched out to the right side to block an eventual attack by the opponent. Thereafter, the practitioner takes a sideways step with the left leg and strikes with the side of the right hand to the opponent's neck, before turning on the feet and striking again with the side of the left hand to the other side of the opponent's neck.

Taking a step forward with the left leg into *sikap pasang* XII, the practitioner then steps back with the same leg to *sikap siap*.

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Jurus pertandingan dua puluh (Competition sequel XX)

Opening with *sikap siap* and frontal *sikap pasang* IV, the practitioner briefly moves the right leg

towards the left leg and sets it down into *sikap pasang* IV again, but this time on the side. Turning the upper body inwards, the practitioner strikes with a left back T-side kick, and after landing the left leg, dodges with *elakan egos* (X-step) to the right side.

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With an adjustment jump forwards, the practitioner sweeps the opponent with the sole of the right foot, sets the leg down into *sikap pasang* XII and strikes with a left fist punch.

A left front kick follows, and after landing the left leg in front at an angle, a strike is made with a right fist punch. The right leg then moves in front of the left leg to the left, with the right arm stretched out horizontally to the side, and the left fist protecting the chest.

Thereafter, as in previous sequels, the practitioner takes a sideways step with the left leg and strikes with the side of the right hand to the opponent's neck, before turning 180° on the feet and striking again with the side of the left hand to the other side of the opponent's neck. Taking a step forward with the left leg into *sikap pasang* XII, the practitioner then steps back with the same leg to end with *sikap siap*.

Jurus pertandingan dua puluh satu (Competition sequel XXI)

Opening with *sikap siap* and *sikap pasang* V, the practitioner steps backwards with the right leg and makes a downward elbow block, simultaneously sinking the upper body and bending the knees, before standing up and striking with a right front kick. For three times, alternating, the left and right leg step up and down.

After the third step, the practitioner strikes with a left front kick, and on landing of the left leg in front, strikes with a left fist punch followed by a right fist punch.

Thereafter, as in previous sequels, the practitioner takes a sideways step with the left leg and makes a strike with the side of the right hand to the opponent's neck, before turning 180° on the feet and making a strike with the side of the left hand to the other side of the opponent's neck.

Taking a step forward with the left leg into *sikap pasang* XII, the practitioner then steps back with the same leg to end with *sikap siap*.

Jurus pertandingan dua puluh dua (Competition sequel XXII)

From *sikap siap* and *sikap pasang* IV the practitioner enters into the dragon stance and strike with a right side kick.

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After the strike the right leg remains temporarely high to block and eventual attack, before being set down in front. The practioner then turns the body inwards and strikes with a left back kick, and after landing the left leg, strikes with a right fist punch followed by a left fist punch.

Thereafter, as in previous sequels, the practitioner takes a sideways step with the left leg and strikes with the side of the right hand to the opponent's neck, before turning 180° on the feet and striking again with the side of the left hand to the other side of the opponent's neck.

Taking a step forward with the left leg into *sikap pasang* XII, the practitioner then steps back with the same leg to end with *sikap siap*.

Jurus pertandingan dua puluh tiga (Competition sequel XXIII)

Opening with *sikap siap* and moving backwards with *sikap pasang* VI, the practitioner turns the body inwards with a right side kick strike, and on landing of the right leg, turns the body upwards to *sikap pasang* XII.

After a left side kick and landing of the left leg in frontal position, the practitioner dodges eventual attacks by the opponent with a double X-step (*elakan egos*), followed by ground circle kick.

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After standing up, the practitioner strikes with a left skewed kick (*tendangan serong*), then sets the left foot in front and turns it inward, bringing the left leg back to the right leg and shifting the body weight to the left leg, before striking with a right circle kick and moving into *sikap pasang* XII.

Thereafter, as in previous sequels, the practitioner takes a sideways step with the left leg and strikes with the side of the right hand to the opponent's neck, before turning 180° on the feet and striking again with the side of the left hand to the other side of the opponent's neck. Taking a step forward with the left leg into *sikap pasang* XII, the practitioner then steps back with the same leg to end with *sikap siap*.

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Jurus pertandingan dua puluh empat (Competition sequel XXIV)

Opening with *sikap siap* and moving backwards with *sikap pasang* VI, the practitioner turns the body inwards with a left kick strike, and on landing of the left leg, turns the body upwards to *sikap pasang* XII.

Taking a step forward with the right leg, the practitioner strikes with double fist pounches, dodges and blocks eventual opponent's attacks with elakan egos (X-step), bends 180° forwards with the right leg in front, turns the right leg in, and strikes with a left circle kick.

The practitioner then bends and places both hands on the ground as support in making a scissor,

and when he stands up, brings the left leg closer to the right, while turning the left leg inwards,

and strikes with a right circle kick moving into *sikap pasang* XII. Thereafter, as in previous sequels,

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also in this last sequel, the practitioner takes a sideways step with the left leg and strikes with the side of the right hand to the opponent's neck, before turning 180° on the feet and striking again with the side of the left hand to the other side of the opponent's neck.

Taking a step forward with the left leg into *sikap pasang* XII, the practitioner then steps back with the same leg to end with *sikap siap*.

Pola sikap pasang Clurit tunggal satu sampai dua belas

(Sequence single sickle standing position I - XII)

Holding the sickle in the right hand, from *sikap siap clurit* (sickle stand-by posion) the practitioner raises the sickle, takes a step backwards at an angle and rotating the sickle around the head moves .

into *sikap pasang* I. Bringing the right leg upwards, the practitioner brings the sickle close to the chest, while lowering the left hand. S/he then raises it again behind the head with a slightly wrapped up right hand, while stretching the left arm out so as to form *sikap pasang* II.

The right leg moves in a semi-circle from behind into *sikap pasang III,* followed by a turn of the body, closing of the legs, and moving of the right leg to the side while the sickle is turned inwards.

With the left leg slightly bending inwards, the practitioner makes a sickle cut turning the upper body horizontal to the abdomen. The fist holding the sickle is rotated (fingers point now upwards) and a cut is made horizontally back into *sikap pasang* IV.

The practitioner turns to the left, nearing the right leg to the left leg, then moves the sickle outwards before raising it with a joint movement of the arms into *sikap pasang* V. Bending the knees,

The practitioner crosses the right leg over the left leg to the right, swinging the sickle upwards and then forwards in a L-shaped form into *sikap pasang* VI. S/he then moves the sickle close to the chest, turns the body on the balls of the feet while nearing the right leg to the left leg, and turns the sickle to forearm, moving the right leg to the side.

Shifting the weight to the left, the practitioner plunges with the sickle handle against

the opponent's knee/ankle with *sikap pasang* VII, then shift the weight back to the right leg and strikes downwards with the sickle into *sikap pasang* VIII.

The sickle's point is brought to the left foot barely over the ground, the right leg is pulled close to the left leg (knees remain bent!) and the sickle is turned towards the forearm**.** Taking a step forwards to the right, the practitioner then strikes with an upward cut into *sikap pasang* IX.

Taking a step backwards, the practitioner turns the sickle forward and sits down into *sikap pasang* X, before turning the upper body in a frontal positon with the legs coming to a hurdle sit while the sickle changes hand.

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The practitioner moves the upper body towards the right, pulling the sickle to the left into *sikap pasang* XI, then straighten it back, before changing again the sickle hand and standing up.

The practitioner moves the sickle forwards horizontally to the height of the neck, strikes with an inward cut, then pulls the sickle back (sickle horizontal) to the chest into *sikap pasang* XII, and concludes with raising the sickle into *sikap siap.*

Gerakan dasar clurit tunggal
(Single sickle basic techniques)

Sikap siap clurit (Sickle stand-by position)

Legs are closed; the left hand in a fist is set to the side, while the right hand holds the sickle on the shoulder with the end point upwards.

Latihan tambuh (Whip exercise)

From sickle stand-by position, the practitioner turns the sickle close to the shoulder, makes a triangle shaped step, stretches the right arm, hacks the sickle to the opponent's neck, and pulls it back with a shoulder turn to the hips.

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The practitioner brings the sickle to the side and lies it down on the under arm with the end point outwards, before striking with a horizontal cut quickly turning the shoulder and moving into frontal fight position with the sickle fist outwards (but sickle pointing inwards).

The practitioner opens the arms and strikes with a horizontal cut to the right, with the sickle fist turning

inwards, before setting the right knee down on the ground and bringing the sickle with a sweaping circular movement down to the ankle. The practitioner then steps forward at an angle,

turns the sickle fist outwards and raises --again with a sweaping circular movement the sickle upfront, before standing up and ending in *sikap siap clurit*.

Latihan Cobra (Cobra exercise)

From the sickle stand-by position the practitioner raises the left leg and sets it down to the side, turning the sickle up close to the shoulder from the wrist to perform the so-called

"cobra bite" (pointing the sickle to the opponent's head). S/he then nears the right leg to the left leg, and takes a step backwards with the left leg, while quickly pulling diagonally the sickle with a strong shoulder movement, before returning to *sikap siap clurit.*

Latihan pukulan (Strike exercise)

From the sickle stand-by position the practitioner sets up the sickle in front of the face and turns downwards in an horizontal position with a stretched arm to the eight of the neck while stepping zig-zag forward. The back leg is then brought forward while the sickle is returned to the forehead.

Taking a step forward, the practitioner conclude the exercise by repeating the initial moves.

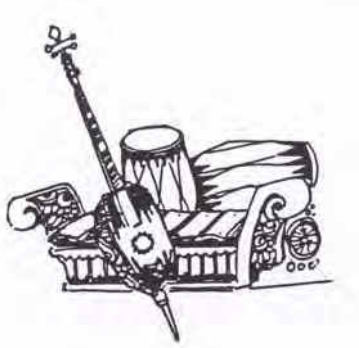
Variations:

- The sickle is brought close to the chest during the closing of the legs upwards and an anti-parallel movement of the second hand is made in front of the sickle hand.
- When the left hand and foot are in front, the practitioner lets the sickle fall down and catches it with the right hand then makes a step to the right with the right sickle hand, lets the sickle fall down and catches with the left hand, so forth.

Latihan sisir (Comb exercise)

From the sickle stand-by position the practitioner rotates the sickle close to the right shoulder and makes a circular movement beyond the head with the sickle pointing outwards, before taking a step forwards, hitting the opponent's neck, and pulling the sickle back.

With a zigzag step the practitioner moves the back leg forward and repeats the initial moves by circulating the sickle beyond the head, hitting and hacking the opponent while stepping forward, pulling the sickle back, before returning to sickle stand-by position.



Latihan stingray (Stingray exercise)

The practitioner turns the sickle from the wrist with a half-stretched arm in front of the body and creates a “lying 8” (stingray) shape.

Latihan stingray zick-zack (Zig-zag stingray exercise)

The practitioner steps forward zig-zag and makes sting-ray shapes with the sickle against the knee, stomach and neck area (one after the other), while the sickle changes hands behind the back.

Latihan flying stingray (Flying stingray exercise)

The practitioner steps zig-zag forwards with the sickle in the right hand, sets it down on the right knee, curls the left leg in and sits down on the right heel. S/he then sinks the upper body to the ground while sitting and pushes the sickle through outwards (lotus stance) before straightening the upper body again, making twice a stingray shape and a comb move, and standing up into *sikap pasang* XII.

Latihan rolling stingray samping (Side-rolling stingray exercise)

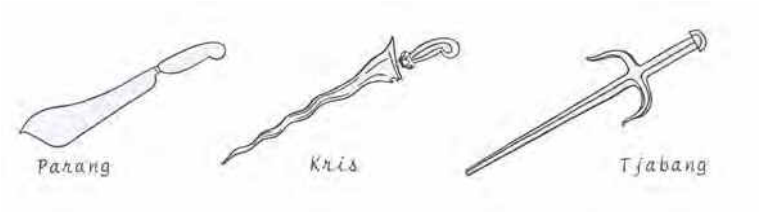
From the kneeling position, the practitioner rolls over the back to the side, changing the sickle hand.

Latihan rolling stingray belakang (Backward rolling stingray exercise)

From the kneeling position, the practitioner rolls over the ankle backwards and lands again in a kneeling position, before taking a step forwards with the front leg in a stingray or lotus stance.

Latihan rolling stingray depan (Forward rolling stingray exercise)

The practitioner sets the sickle hand down to the floor and rolls forwards. A stingray or side stingray with lotus stance follows the rolling.



Hormat perguruan clurit
Sickle opening ceremony

From stand-by position, with the sickles placed in front on the floor in inverse positions, the practitioner joins the hands in front of the face in a sign of respect, raises the left knee, turns the head upward, stretches the arms out and joins them again up above the head. S/he then lowers the joined hands in front of the face, while kneeling down on the left knee (directly from the crane, without setting the foot on the knee). Remaining lowered, the practitioner brings the left leg in front of the right leg and takes a step to the left with the hands touching the floor at the height of the heel.

The practitioner raises both the hands towards the left ear before touching the ground again. S/he then turns 180° on the balls of the feet, strikes outwards with a left elbow poke and touches again the floor with both hands at the height of the heel.

The practitioners raises both hands towards the right ear and bring them back to the ground again. Nearing the right leg to the left leg, s/he steps with the left leg into stand-by position.

Kneeling, the practitioner, without standing, steps zig-zag forward: the knee of the back leg remaining always on the floor.

When the practitioner reaches the sickles, picks one or two sickles up and starts the move sequels.

Variations for the demonstration:

After picking up a sickle, the practitioner steps zig-zag backwards twice and pace in a U (can also be done in a square). Beginning from the left with a crossed over step, the practitioner.

makes a 90° turn and takes two steps forwards, before turning 180° on the balls of the feet.

While turning the body the practitioner changes the sickle from the right to the left hand and returns to the start point of this L-pace.

Once arrives, s/he makes a 180° turn on the balls of the feet, and repeats the same step pattern to the right side and back.

THAILAND

Jurus clurit tunggal satu sampai dua belas
(Single sickle sequels I-XII)

Jurus clurit tunggal satu (Single sickle sequel I)

From the sickle stand-by position, the practitioner steps forwards with the right leg and performs the strike exercise bringing the sickle parallel in front of the neck, before returning the right leg to position while the sickle moves closer to the chest.

The practitioner stretches the left hand upwards before making a circular block inwards. S/he shifts the body to the left, and makes a side block with the sickle before ending with sickle stand-by position.

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Jurus clurit tunggal dua (Single sickle sequel II)

The opening of sickle sequel II is the same as in the first sequel: sickle stand-by position, right forward step, strike exercise, right leg and sickle return to position.

Thereafter the practitioner steps backwards at an angle with the right leg and blocks a possible attack with the sickle outwards. Turning forward and raising the sickle to the height of the head, the practitioner steps forward at an angle, turns the body to the right, and strikes inwards with the side of the left hand,

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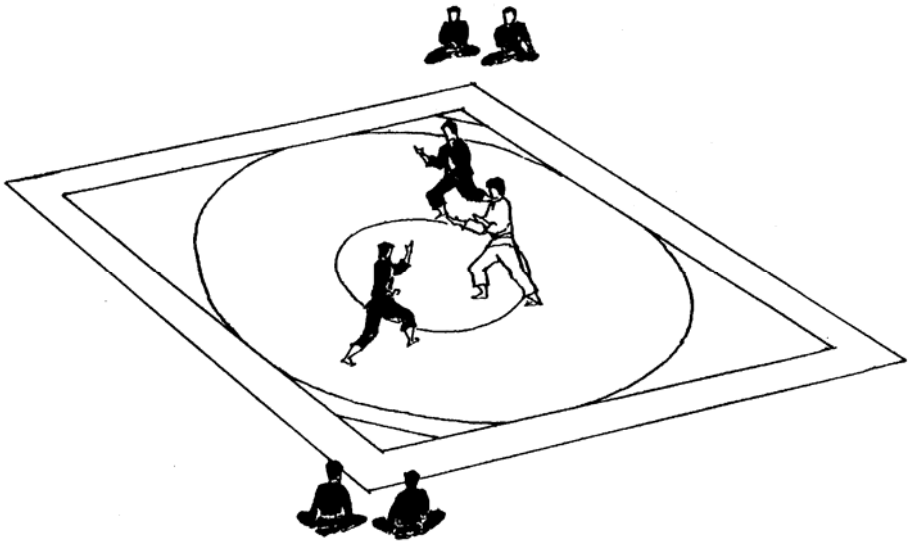
while the right hand with the sickle protects the left kidney (the sickle's blade faces outwards). The practitioner brings the left arm close to the chest while striking with the sickle to the neck of the opponent, turning the sickle and striking again, hacking the opponent's neck from the other side.

The right leg nears the left leg and the sickle is pulled towards the ground, before the practitioner ends the sequel with sickle stand-by position.



Jurus clurit tunggal tiga (Single sickle sequel III)

From the sickle stand-by position, the practitioner takes a right side step and strikes with the sickle upwards and at an angle, before raising the left leg in a crow stance and blocking outwards with the left hand.

The practitioner sets the left leg down, makes a frontal body turn, swings the sickle diagonally to the left with a shoulder turn and returns to sickle stand-by position.

Jurus clurit tunggal empat (Single sickle sequel IV)

From the sickle stand-by position, the practitioner steps forwards with the right leg and makes a circular block upwards, before returning the right leg, bending the knees, and setting down both hands to the side of the hips with the sickle in vertical position. The practitioner then takes a right step back at an angle and strikes with the sickle grip against the knee of the opponent (upper body remains frontal, right shoulder turns forward during the strike).

Raising the right leg from behind, the practitioner moves the sickle with a circular movement upwards until the left under arm is parallel to the right thigh, before putting the right leg down and returning to sickle stand-by position.

Jurus clurit tunggal lima (Single sickle sequel V)

From the sickle stand-by position, the practitioner moves into a right-side tiger stance, striking outwards with the sickle, then s/he turns the body to the left and shifts the sickle in the same direction with a circular movement, while keeping the left hand in front of the chest as protection.

At the end of the upper body turn, the practitioner grabs the head of the opponent with the left hand, while striking the opponent's neck with the sickle before pulling it back to protect the chest.

The practitioner nears the left leg to the right (knees bent!), brings the left fist to the chest, and sweaps the sickle over the head while stepping backwards with the right leg, before ending the sequel with sickle stand-by position.

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Jurus clurit tunggal enam (Single sickle sequel VI)

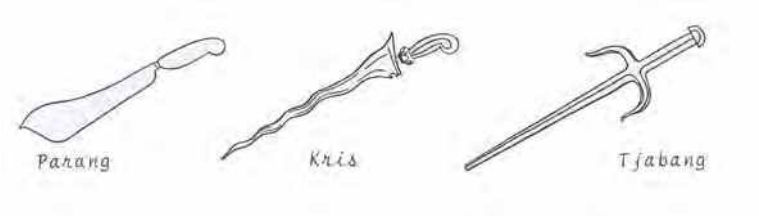
From the sickle stand-by position, the practitioner moves into a dragon stance and grabs and pull the opponent's arm with the left hand, while with the right hand strikes the sickle into the opponent's kidneys. S/he then turns the body upfront, makes a cross block to protect the chest, and takes a step backwards with the right leg into a lateral tiger stance with the sickle pushed upwards.

Keeping the legs in the same stance, the practitioner turns the upper body and strikes forward with the point of the sickle, while the left hand re remains to protect the chest. Bringing the right leg forward the practitioner returns to sickle stand-by position.

Jurus clurit tunggal tujuh (Single sickle sequel VII)

From the sickle stand-by position, the practitioner steps back at an angle, pouncing with the sickle in the fist. The sickle is brought to the chest before striking downwards, while attacking also with a right kick forward. When the leg is pulled again up, the sickle is raised and turned sideways, ready to be inserted.

The practitioner sets down the right leg backwards at an angle, turns the upper body to the left, and strikes with the sickle against the abdomen or chest of the opponent, before returning to sickle stand-by position



Jurus clurit tunggal delapan (Single sickle sequel VIII)

From the sickle stand-by position, the practitioner moves the left leg behind the right leg with the arms open (standing position III), strikes with the sickle at the knee/thigh of the opponent, moves the sickle back and, with the right hand that protects the chest, strikes again with a right side-kick.

The practitioner returns the right leg to position, and strikes backwards with the sickle while the left arm parallely blocks (rowing block) eventual attacks. As in previous sequels, also this sequel ends in sickle stand-by position

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Jurus clurit tunggal sembilan (Single sickle sequel IX)

From the sickle stand-by position, the practitioner steps forwards with the right leg, turns the upper body backwards over the right, strikes with the sickle (with horizontal blade) to the opponent's neck, pulls the sickle back and strikes with a right back kick. S/he then returns the right leg to position, repeats the backward sickle strike, and turns the upper body outwards, before ending in sickle stand-by position.

Jurus clurit tunggal sepuluh (Single sickle sequel X)

From the sickle stand-by position, the practitioner steps backwards at 45°, with the left arm blocking inwards in front of the abdomen, and the sickle posed on the shoulder and barely touching the neck. The practitioner then shifts the weight to the left leg, moves the sickle down to the hips and strikes with a right circle kick.

Setting the right leg down in front, and stretching the left leg backwards, the practitioner makes an open "scissor movement" with the arms to the opponent's neck, before returning to sickle stand-by position.

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Jurus clurit tunggal sebelas (Single sickle sequel XI)

From the sickle stand-by position, the practitioner steps on the side with the right leg (knee bent), crosses the arms over the head, and after shifting the body to the left reopens the arms so that the right hand with the sickle in horizontal position points upwards at an angle, and the palm of the left hand is open.

The practitioner nears the right to the left leg and takes a step forwards slightly at an angle making a "closing scissor strike" with the arms at the neck of the opponent, before bringing the right leg back to the left leg and stepping to the right with a body turn. The sickle is used to protect the practitioner's left side and block eventual attacks, while the practitioner strikes the neck of the opponent with the side of the left hand outwards (upwards and slanted). After turning the upper body again frontal, the practitioner closes in sickle stand-by position.

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Jurus clurit tunggal dua belas (Single sickle sequel XII)

From the sickle stand-by position, the practitioner opens and stretches the arms, takes a right step forwards and, bringing the arms downwards and again upwards with a circular movement, punches the sickle into the opponent's ribs. Jumping backwards at 180°, the practitioner strikes with a right fist punch.

The practitioner nears the left to the right leg (knees remain bent) while raising the sickle and pointing it to the right, before stepping forwards with the left leg at an angle and striking downwards with the sickle in a stretched arm. Moving the left leg back close to the right leg, the practitioners ends this last sequel with sickle stand-by position.

Pola sikap pasang clurit kembar satu sampai dua belas

Double sickles standing position I-XII

The double sickles standing position are the same as the single sickle standing position with the exception that both the arms are armed and can strike or block with the sickles.

Please note that in this concluding standing position XII the right sickle is held behind the left sickle

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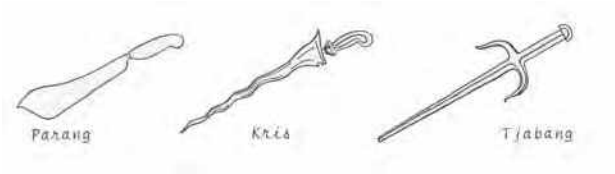
Jurus satu sampai duabelas clurit kembar
(Double sickles sequel I-XII)

The double sickles sequels I-XII are the same as the previously exposed single sickle sequel I-XII with the difference that both hands are armed.

Jurus clurit kembar satu (Double sickles sequel I)

Jurus clurit kembar dua (Double sickles sequel II)



Jurus clurit kembar tiga (Double sickles sequel III)

Jurus clurit kembar empat (Double sickles sequel IV)

Jurus clurit kembar lima (Double sickles sequel V)

Jurus clurit kembar enam (Double sickles sequel VI)

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Jurus clurit kembar tujuh (Double sickles sequel VII)

Jurus clurit kembar delapan (Double sickles sequel VIII)

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Jurus clurit kembar sembilan (Double sickles sequel IX)

Jurus clurit kembar sepuluh (Double sickles sequel X)

Jurus clurit kembar sebelas (Double sickles sequel XI)

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Jurus clurit kembar duabelas (Double sickles sequel XII)

Detail pictures of double sickle strike exercise from the back side

~ End ~